



CAL Newsletter November to December

Happy New Year! We are deeply grateful to our caregivers, volunteers and supporters for walking the journey with us to train and support caregivers of persons with mental health issues. Thank you!

Since we launched our C2C online classes in March, we have graduated 47 classes for the C2C-PMHI (Persons with Mental Health Issues) programme, 6 classes for the new C2C-Young Caregivers Programme and 2 classes for the C2C-Dem (for Caregivers of Persons with Dementia) Prog. In January 2021 itself, we hope to launch at least 9 new C2C-PMHI and 1 C2C-Dem. If you know of any friends, colleagues or relatives who are caregivers, please share these upcoming classes with them. Click [here](#) to register.

Concerned over how our caregivers are faring during the COVID 19 pandemic, our "Reconnecting with Caregivers" project, supported by volunteer caregivers, has contacted 1364 caregivers graduates from our C2C classes held between 2012 to 2019.. We have offered emotional support to at least 66 of them and provided information and referral support to 27 others. Most caregivers contacted were pleasantly surprised with the calls and grateful for the concern shown by CAL.

On 7 December 2020, we launched our Amberletter campaign, for the 3rd year running. This mental wellness campaign seeks to spread the message that all of us can be a caregiver and that we ought to keep an eye out for our relatives, friends and associates who might be struggling with depression and suicidal thoughts during the festive seasons. Please check out the conversational tips, inspiring quotes and different ways of expressing care and concern to others here: [Instagram](#) and [Facebook](#).

As we begin a new year, we wish for everyone a new year filled with the resolve to live well, stay hopeful and positive and be engaged in meaningful and supportive relationships with others.

Register for our upcoming classes



C2C Training Programme

Join our C2C online training programme now to understand your loved one's condition better, and learn to become a more resilient caregiver!

[Register >](#)



C2C Education Programme for Young Caregivers

Are you a young caregiver? Or interested in becoming a peer caregiver? Please indicate your interest and we will contact you once we confirmed the class schedule. (Age criteria: 15 to 25 years old)

[Register >](#)



Trauma Informed Care Workshop for Parents and Caregivers (4 hours)

Join us for our Trauma Informed Care (TIC) Workshop for Parents and Caregivers on 16 & 23 January 2021. Through this complimentary workshop, you will learn how to integrate trauma informed care into your interactions with children and youths.

The following topics will be covered during the workshop:

1. What trauma entails
2. Trauma informed approaches
3. Implementation of trauma informed care; and
4. Healing and recovery

[Register >](#)

CAL Updates



Round Island Route #YOLO2020 Walk With Me

Zalifah is a part of Team CAL that was supposed to fly off in April 2020 for the #YOLO2020 Everest Base Camp for the mental health advocacy hike. Unfortunately, COVID-19 happened. The likelihood that she may not realise her aspiration to surmount Everest Base Camp has caused her to conceive the Round Island Route #YOLO2020 Walk With Me instead.

[Read More >](#)



Strangers in my Head: The Winding Road

Karen, CAL's Volunteer Manager shares about her caregiving journey caring for her son who is diagnosed with depression and Asperger Syndrome. Her story is the third of Channel News Asia's 4-part documentary series, Strangers In My Head.

Photo credit - Strangers in My Head by Very!

[Watch Now >](#)



A Mother's Voice for her Son

"A 'hello' is so easy to say. But to them, if they are able to say 'hello' to you, it's

already a big step,” said Ms Janet Wong, a mother of three. She is a primary caregiver to her 26-year-old son, Mr Nigel Ng, who was diagnosed with selective mutism at the age of 9.

[Read More >](#)



Amberletter Someone Today

CAL launched the AmberletterSG campaign to raise awareness about mental wellness and caregiving by encouraging individuals to check in with others during the festive season.

[Read More >](#)



CAL Video collaboration with SIM iCare

In partnership with CAL, SIM iCare produced 3 videos to raise greater awareness of mental health.

“Ask An Expert” is a series of two videos about major depressive disorder in an interview with Veena, counsellor and programme manager with Caregivers Alliance Limited. The third video is a story about Christine, one of our youth caregivers who attended the Caregivers-To-Caregivers training programme with her family.

[Watch Videos >](#)



Mental Health Series Collaboration with Our Better World

Last year, CAL partnered Our Better World for its Mental Health Series to advocate further for the needs of our caregivers. The video where our caregivers shared their struggles and challenges faced while providing emotional support to each other in a physical C2C class mock-up provided much insight to caregiving for a loved one with mental health issues.

[Read More >](#)



Support Us

Help us to support families and caregivers of persons with mental health issues by making a donation.

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